

Additional Medical Documents Translation

Document 1: MRI Prescription (November 13, 2024)

NATIONAL HEALTH SERVICE

Veneto Region

ELECTRONIC PRESCRIPTION - REMINDER FOR PATIENT

Patient: KHATOON NARJIS

Address: VIA G. GUERZONI 9E, CAP: 35126, CITY: PADOVA

Tax Code: KHTNJS96D60Z2361

Exemption: NOT EXEMPT

Province: PD

PRESCRIPTION: 88.94.D (88.94.D_3) - **MRI LEFT KNEE**

FIRST ACCESS

Priority: within 10 days from booking

Quantity: 1

DIAGNOSTIC QUESTION: Progressive left knee pain for 9 months - exclude joint neoplasms

Date: 13/11/2024

Prescribing Doctor: DANZA DIDIER

Doctor's Tax Code: DNZDDR80H07C980Z

Document 2: MRI Consent Form (November 13, 2024)

Dr. Didier DANZA

Surgeon

Via Guizza 43, 35142 Padova

VENETO REGION, ULSS No. 16

Patient: KHATOON Narjis, born in PAKISTAN (EE) on 20/04/1996, resident in PAKISTAN

INFORMATION SHEET AND CONSENT FOR MAGNETIC RESONANCE EXAMINATION

The magnetic resonance examination is, according to current knowledge, harmless to the human body, however:

- In some cases the examination can cause significant adverse effects and therefore cannot be performed (Group A)
- In other cases the examination can be performed safely but only after medical evaluation or with some warnings (Group B)

GROUP "A" (MRI NOT EXECUTABLE)

- Pacemaker or internal defibrillator: NO ☐ YES ☐
- Cochlear prostheses (inner ear): NO ☐ YES ☐
- Neurostimulators or bone growth stimulators: NO ☐ YES ☐
- Magnetic eye prostheses: NO ☐ YES ☐
- Implantable drug infusion pumps: NO ☐ YES ☐
- Suffers from severe claustrophobia: NO ☐ YES ☐

GROUP "B" (MEDICAL EVALUATION OR WARNINGS NECESSARY)

- Cerebral vascular clips (aneurysm): NO ☐ YES ☐
- Orthopedic prostheses or screws: NO ☐ YES ☐
- Lens prostheses: NO ☐ YES ☐
- Otological prostheses (middle ear): NO ☐ YES ☐
- Breast prostheses or expanders: NO ☐ YES ☐
- Heart valve prostheses: NO ☐ YES ☐

- Penile prostheses: NO ☐ YES ☐
- Eye implants (eyelid springs, retinal points): NO ☐ YES ☐
- Metallic sutures from previous surgery: NO ☐ YES ☐
- Metal fragments, bullets: NO ☐ YES ☐
- Intraocular metallic fragments: NO ☐ YES ☐
- Vascular access ports: NO ☐ YES ☐
- Spinal or ventricular drainage catheters: NO ☐ YES ☐
- Swan-Ganz catheters: NO ☐ YES ☐
- Vascular filters, stents: NO ☐ YES ☐
- Vascular-carotid clamping systems: NO ☐ YES ☐
- Cervical collars or fixation devices: NO ☐ YES ☐
- Intrauterine spirals (IUD): NO ☐ YES ☐
- Contraceptive diaphragm: NO ☐ YES ☐
- Extensive tattoos: NO ☐ YES ☐
- Is pregnant: NO ☐ YES ☐
- Suffers from asthma or allergies (drugs, contrast agents, etc.): NO ☐ YES ☐

Patient Signature for Consent: _____

Dr. Didier DANZA

Document 3: Pakistan Hospital Records (December 2024)

PAEC General Hospital Islamabad

Patient: NARJIS KHATOON
Wife of: BASHARAT HUSSAIN
Age: 28 Years, Female
Patient Control Number: P-12/21-02053
Phone: 03070439244
City: PARACHINAR

Orthopedic Visit (December 16, 2024)

Employee: BASHARAT HUSSAIN (SR. ENGINEER, Grade: SPS-09)
Complaint/Diagnosis: Knee pain
Treatment notes in Urdu/English mix

Physiotherapy Sessions (December 16 & 18, 2024)

Diagnosis: Knee pain (left)
Treatment: Ultrasound therapy, physiotherapy + exercises

Available Procedures:

1. Shortwave Diathermy
2. Ultrasonic Therapy
3. Moist Hot Packs
4. Electrical Stimulation
5. TENS
6. Interferential Therapy
7. Infra Red Lamp
8. Cervical Traction
9. Lumbar Traction
10. Consultation
11. Chest Physiotherapy
12. Home Programme
13. Exercises

- 14. Wax Bath
- 15. Gait Training
- 16. General Fitness Exercises

Emergency Department Visit (December 27, 2024)

Complaint/Diagnosis: Knee pain
Treatment notes include medications in Urdu

Document 4: MRI Report (December 21, 2024)

PAEC General Hospital, Islamabad
Department of Diagnostic Imaging
Patient: NARJIS KHATOON, Age: 28, Female
Clinical Notes: Pain in left knee

MRI LEFT KNEE JOINT WITHOUT CONTRAST

FINDINGS:

- Abnormal edematous PD/T2 hyperintense signals noted in anterior cruciate ligament fibers at femoral attachment suggestive of anterior cruciate ligament sprain
- Minimal joint effusion noted
- Abnormal linear horizontal T2/PD hyperintense signals noted in body and posterior horn of medial meniscus reaching up to capsular periphery - Grade-II tear
- The articular cartilage of the weight bearing portion of the medial and lateral tibiofemoral compartments is intact
- The PCL (Posterior Cruciate Ligament) is intact
- The lateral meniscus is intact
- The medial and lateral collateral complexes are preserved

CONCLUSION: MR findings are of:

- Anterior cruciate ligament sprain
- Minimal joint effusion
- Grade-II tear body and posterior horn of medial meniscus

Radiologists:

- DR. NADEEM SHEHZAD (DMRD, FCPS) - Consultant Radiologist, Head of Department
- DR. GHAZAL JAMEEL (MCPS, MSc NM) - Radiologist
- DR. TANZEEL RUSTUM (FCPS) - Consultant Radiologist
- DR. RAFIA MEHNAZ (FCPS) - Consultant Radiologist

Document 5: Orthopedic Consultation (January 7, 2025)

Shifa International Hospital Ltd., Islamabad
Dr. Aamer Nabi Nur - Consultant Orthopedic Surgeon

Patient: Miss. Narjis Khatoon, 28y 8m Female
Visit Date: 07-JAN-2025, 06:01 PM
BMI: 20.20 kg/m², Height: 165 cm, Weight: 55 kg

Vital Signs:

- BP: 110/70 mmHg, Temperature: 98°F
- RR: 20/min, Pulse: 99/min, SpO2: 98%
- Pain Scale: 1, BMI: 20.20 kg/m²

Chief Complaint: PAIN LEFT KNEE 1 YEAR

Physical Examination:

- No locking
- ROM (Range of Motion) restricted
- Mild swelling and tenderness

Impression: LEFT KNEE MENISCAL INJURY (MRI)

Treatment Plan:

1. PHYSIOTHERAPY:

- Quadriceps/VMO exercises
- ITB stretches
- Hamstring stretches
- Quadriceps stretches
- Ankle pumping exercises
- William flexion exercises

2. PRP (Platelet-Rich Plasma) IN PLAN

3. TUBI GRIP FOR BOTH KNEES

4. FOLLOW UP AFTER 1 MONTH

Medications Prescribed:

1. **Wilgesic** (Orphenadrine + Paracetamol) 485mg - 1 tablet 8 hourly for 3 weeks after meals
2. **Proxen** (Naproxen) 250mg - 1 tablet 12 hourly for 2 weeks after meals
3. **Adjoint** (Glucosamine + Chondroitin + Vitamins) 690mg - 1 tablet 12 hourly for 3 months after meals
4. **Hoze** (Pantoprazole) 40mg - 1 capsule once daily for 3 weeks before breakfast

Note: Patient advised not to stop or change medication without doctor's consultation.